



Research Advances...

...science, technology and the investigator

**Clinical Investigation
Department
NMCP
Navy Medicine East**

Message from Dr. Thomas S. Rieg

Department Head, CID

Vol 2: No 1; June 2011

With a cold winter behind us, and days ahead that are sunny and warm, we start anew with various exciting initiatives, opportunities, awards, and CID positions all of which I am delighted to share with you.

First and foremost, I am very pleased to have Research identified as a Command strategic priority pillar. Reflecting this priority, our CID mission has been updated. Please see below, right side.

Several new opportunities are forthcoming to promote the Command and Navy Medicine East's (NME's) ability to conduct research; these include: BUMED and Command funding opportunities announced in June (discussed on page 5); a departmental education outreach program that has been implemented to promote research here at the Command - as well as throughout NME (see page 3); and our Lead Research Coordinator, Ms. Marie Dillard, has implemented Command-wide training for Clinical Research Support Personnel to promote standardization. Ms. Dillard outlines her program below on this page.

Congratulations to Maj (P) Krinon Moccia, Attending Veterinarian and the animal division on the recent attainment of DoD Bureau of Medicine and Surgery full accreditation for laboratory animal care; indeed a notable achievement!

Our name has changed; we are now the Clinical Investigation Department. You may read more about this as well on page 3.

I am very pleased with the increase in CID staffing over the past year to include: An IRB Administrator, two Research Assistants, Research Nurse, Biostatistician, Grants Manager, Animal Veterinary Technician and an Animal Caretaker. The new staff will be highlighted in future newsletters.

Also, I am happy to share with you that CDR Greg Nezat, NC, USN from NMCP, won the Navy-wide Academic Research Competition held here at NMCP in May, 2011. Please read the article on page 2 and join me in congratulating CDR Nezat.

And sadly, I end my message by sharing with you the untimely death of Ms. Jeanina S. Cook, one of our Research Assistants. At the time of her death, Jeanina was working with Dr. Cade Cinnamon (LT, MC, USN) in general surgery on his research. Dr. Cinnamon quickly became an outstanding Navy Medicine representative to her family, friends and co-workers. On behalf of the department, we regret her loss while remaining grateful to LT Cinnamon.

Thank you all for your commitment to and desire for the best possible clinical research.

Thomas S. Rieg

Training of Clinical Research Support Personnel

By Marie Dillard

The Clinical Investigation Department (CID) is implementing the Clinical Research Support Personnel (CRSP) Orientation Program. CRSP includes Clinical Research Coordinators, Research Nurses and Research Assistants. Our program is designed to create uniformity, continuity and consistency in the practice of clinical research investigation. CRSP are oriented to various resources including standardized tools and templates that promote clarity, organization and thoroughness and are in compliance with regulatory standards. Once fully implemented, protocols will be uniformly handled by each CRSP resulting in heightened compliance with sound research principles, promotion of shared personnel resources and consistency in practice of for all CRSP. Once appraised of this program, CAPT Ben Balough, MC, USN Deputy Director Clinical Research, Navy Medicine, requested a copy for possible Navy-wide implementation.

Inside this issue:

<i>Navy Wins Academic Research Competition</i>	2
<i>CID Name Change</i>	3
<i>Clinical Research Educational Opportunities</i>	3
<i>Research Competition</i>	4
<i>Research Funding Opportunities</i>	5
<i>CID Departmental Picture</i>	6
<i>Point of Contact List</i>	7

OUR MISSION

The Naval Medical Center Portsmouth Clinical Investigation Department (CID) stimulates and facilitates research throughout Navy Medicine East. We promote, educate, guide and participate in research to achieve best possible outcomes from idea inception through funding, execution and publication. We support the Command strategic priority pillar for Research.



Nursing Research Head Wins Navy Academic Research Competition

By MSC2 Nikki Smith

PORTSMOUTH - Naval Medical Center Portsmouth (NMCP) hosted the 26th annual Navy-wide Academic Research Competition, May 12, with Cmdr. Greg Nezat, an anesthesiology nurse and department head of nursing research at NMCP, winning first place. He and his team represented Navy Medicine East in the competition.

The six presenters had been chosen through the previous oral and poster phases of the competition in their respective regions: Navy Medicine East (NME), Navy Medicine West and National Capital Area. Three competed on the trainee level and three on the staff level.

Each competitor had 12 minutes to give their presentation to the judges and five minutes to accept questions. Judging was based on how the presenter carried themselves, their PowerPoint slideshow, how well they answered questions and the judges' overall impression of the research presentations.

Rear Adm. Bruce A. Doll, Joint Forces Command surgeon and medical advisor for NATO Allied Command Transformation, was one of four judges for the competition.

"This was a very motivated bunch," said Doll. "It was such a pleasure to listen to them and it really came down to very fine hair splitting to judge for first through third place."

After the judges deliberated to place the trainees and staff competitors, Rear Adm. Alton L. Stocks, Commander, NME and NMCP presented each with their award certificate.

Nezat and his team's research project investigated how lidocaine can reduce pain and inflammation in women undergoing same-day surgical procedures. Nezat did the principal investigation and obtained a grant from the Navy Bureau of Medicine and Research. He has been working on the project for two-and-a-half years and said that seeing the results of his research and generating knowledge among peers has been the best part of the research experience.

Although the use of lidocaine during same-day procedures is a technique some doctors use, Nezat is hoping that his research results promote its usage and more physicians in the military health system will implement the technique. Shedding light on the positive results of the research can advance military physicians in their practices in order to benefit patients.

"All practitioners have a different way of treating patients," said Nezat. "This research confirms beliefs about lidocaine and we are hoping that with this research and knowledge in place, more practitioners here will use the findings to help their patients."

In order to win the competition, Nezat and his team had to compete in the poster competition which attracted more than 100 other researchers throughout the East region. Nezat then went on to compete at NMCP in the oral competition against other NME poster competition winners. This is Nezat's third year to compete - he placed first in the poster competition his first two years, but did not make it to the finals.

"It feels really great to win this here at Portsmouth on home turf," said Nezat. "Portsmouth hasn't taken first place in a few years and I'm really proud that I could compete as a representative of Portsmouth and win."

Thomas Rieg, research director for the Clinical Investigation and Research department at NMCP, has been organizing the event since 2003 and said he was very pleased with the caliber of this year's competition.

Continued page 7



Our Name Change...

We've changed our name but not our support and commitment to Navy Clinical Investigators! Formerly known at CIRD (Clinical Investigation and Research Department), we are now CID – Clinical Investigation Department. Yes, the 'R' has been dropped; but not 'OUR' continued desire to work with you and help you to achieve your research goals. We remain available, from the start to the end of your project. Our biostatistician will assist you in determining sample size, statistical procedure, and data analysis. Early on also, as you prepare your IRB / IACUC application, if you identify the need for extramural funding, the Research Grants Officer works with you to prepare a grant application for an appropriate funding source. The IRB / IACUC Administrators are

always ready to assist and answer questions regarding your research application. The Human Subject Protection Officer is available to assist with any concerns related to the protection of Human Subjects while our Attending Veterinarian guides you to ensure protection of the animal models. Our Technology Transfer Officer (aka CRADA Officer) provides the necessary guidance when you are collaborating with federal or non-federals sources. If you have received funding to conduct your research our Grants Manager will ensure access to your funds, compliance with regulations and will work with outside agencies in the event the funds are placed and managed elsewhere. Finally, as you complete your study, and are ready to publish, our Medical Editor edits for you, ensuring

your manuscript meets specific guidelines of the professional journal you selected. In the unlikely event your article is not accepted, the Medical Editor works with you and provides the assistance needed to address the recommendations made by the journal's review committee and helps you prepare for resubmission. The Command Publication Officer will guide you through the publication approval process when you are ready to submit to a journal. Finally, the NMCP Library, though not a part of CID, is a department in DPE that plays an important role in research. They are extremely helpful in assisting you to conduct a thorough and up-to-date review. Please contact any of us anytime by calling: (757) 953-5939; for librarian services call (757) 953-5383

Thinking of research...?

Think CID.

We will help you!

It is literally true that you can succeed best and quickest by helping others to succeed.

- Napoleon Hill

Clinical Research Educational Opportunities at NMCP and throughout NME

Departmental In-service Training:

At any time, convenient for your staff, a CID staff member will present an in-service on a research related topic relevant to their area of expertise. If you are interested, please call CID. A list of staff members, with their specific role / area of expertise, is located at the end of this news letter.

Command Clinical Research Symposium:

The CID staff presented their annual research symposium to future and seasoned Navy Clinical Researchers on 16 and 17 December 2010. This well-attended seminar featured speakers from CID who each presented a detailed and informative lecture in their area of expertise. The evaluation scores were outstanding and many positive comments were provided as well. Our next seminar will be in the fall and we hope you will attend. Watch for a date in the POD

NME Outreach Clinical Research Education Seminar:

Members from CID traveled to Naval Hospital Camp Lejeune on 05 March 2011 to present a 5-hour research symposium to an audience of nearly 100 doctors and nurses. As a result of this seminar, each person who lectured has been contacted by a NHCL staff member for guidance with their research project. The course critiques were outstanding. Plans are developing to continue this initiative at other MTFs. LCDR Stephanie Cole, NHCL Research Coordinator was responsible for initiating this successful event.

NMCP - CIRD
Fall Research Symposium
Conducting Research at NMCP
Thursday 16 Dec 2010 and Friday 17 Dec 2010
NMCP Auditorium
Building 3, 2nd Deck
0800-1300
Note that this is the same program on both days.
The Symposium is designed to provide investigators with an overview of the research process. Topics will include issues such as:
• Why should I Conduct Research?
• What Types of Research Designs are Available to me?
• Why Perform a Literature Search?
• How can I receive Funding for my Research?
• Why should I be Concerned about Ethics when Conducting Research?
• What is an IRB and how do I complete the IRB Application Process?
If you have any questions or suggestions for additional topics please contact Dr. Rieg at CIRD (3-5939).



NMCP Research Oral Competition



Pictured left to right: CAPT John O'Boyle, Director Professional Education, CDR William Beckman, LT Joseph Gresens, CDR Greg Nezat, LT Jeffrey Carness, Dr. Paul Aravich, PhD, LT Tracie Snider, CDR Amy McBride,, LT Kevin Michel, Dr. Jeffery Kuhn, Dr. Thomas Rieg, Department Head, Clinical Investigation Department, LT Khristina Hoover, and CAPT Darin Via, MC, USN Deputy Commander, NMCP.

On 11 March 2011, Naval Medical Center Portsmouth conducted its annual research poster presentation where 103 posters were submitted and judged for clarity, innovation, filling a knowledge gap, novelty, and impact on military medicine. Investigators who won advanced on to the NMCP Oral Research Competition conducted on 25 March 2011. Judges for this competition included: CDR William Beckman, Dr. Paula Aravich, and Dr. Jeffery Kuhn. For this competitive award, each presenter was allowed 15 minutes to present their research and then an additional 5 minutes for questions and answers. The presentations were excellent as were the thought provoking questions from the judges and general audience. First, second and third place winners, in various categories, are listed below. Investigators who won a place in the Research Oral Competition were eligible to move on to the Navy-wide Research Competition conducted here at NMCP on 12 May 2011 (see related article on page 2).

Winners of the Poster Session are: 1st Place: LT Melisa Buryk, LCDR David Shillington and COL James McLane; 2nd Place LT Mary Caroniti and LCDR James Fletcher; 3rd Place: LT Leslie Lucas.

Winners of the Oral Research Competition are: Category I (Trainee) 1st Place: LT Kevin Michel, LT Jermaine White, LT Reginald Middlebrooks, CDR Carole Daniel, CDR John Maye and CDR Brent Bushley; Category I (Staff) 1st Place: CDR Greg Nezat, LT Philip Grady, LCDR Nathaniel Clark, CDR Christopher Oderkerk, CDR Robert Hawkins, and CAPT(ret) Joseph Pelligrini; Category II (Trainee) 1st Place: LT Jeffrey Carness, Dr. Jennifer Russell, Dr. Luis Navarro, and Dr. George Kramer; Category II (Staff) 1st Place: CDR Edward Miles, Dr. Pretest Patel, Dr. Aua Yoo, Dr. Lawrence Marks, Dr. Thomas D'Amico and Dr. Christopher Kelsey.



Research Funding Opportunities

BUMED Surgeon General CIP Research Grants

In June, 2011, BUMED SG Clinical Investigation Program (CIP) Request for applications (RFAs) for research funding awards were announced. These grants provide funding for resources such as personnel, equipment, animal model, or management. Military members and GS employees are encouraged to apply. If you are interested or would like additional information, please contact the Research Grants Officer, Ms. Christine Ehlers, (christine.ehlers@med.navy.mil) who will gladly assist you.

NMCP Commander's Fund

Each year, NMCP's Commanding Officer allocates funds for clinical research. The total amount in the past has been \$100K. Individuals from all staff corps may apply. The area of interest is unspecified. Generally, the amount awarded is for seed funding; that is, funding to help a young (inexperienced) investigator get started with research.

The opportunity for these funds is announced in the POD and in an All Hands message, usually in July. Apply using the IRB or IACUC application form. A peer review committee, made-up of Departmental Research Coordinators, tiers and votes on all applications.

BUMED Wounded III and Injured (WII) Warrior Funding Opportunity

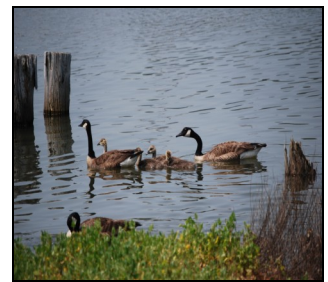
Applications may be submitted for these funds any time. IRB / IACUC approval must be obtained before submission. Research must benefit the Wounded III or Injured Warrior.

There is not a ceiling for the amount awarded per investigator, but generally, the funding maximum per investigator is \$250-300K.



"Somewhere, something incredible is waiting to be known."

-Dr. Carl Sagan



Relax... CID is here to help you with your research. Call on us today!

Do Case Studies Require IRB Approval and Publication Approval?

We are often asked this question and the answer is: "Well, it depends . . ." A case study that discusses only one or two patients does not need IRB approval. A case study that discusses three or more patients requires IRB approval because it is a systematic investigation which allows for statistical analysis and satisfies the DoD definition of research. All case studies need publication approval. Please contact Dr. Charles Morgan if you have questions about IRB approval and contact June Brockman if you have questions about publication approval.

"Inquiry is the creation of knowledge or understanding; it is the reaching out of a human being beyond himself to a perception of what he may be or could be, or what the world could be or ought to be."

- C. West Churchman, *The Design of Inquiring Systems*



Your astute NMCP Clinical Investigation Department... Do you recognize anyone?



Front row, left to right: Angelo Mayo, Kristin Schleeper, Darrick Green (red bandana), MAJ (P) Krinon Moccia, DVM, Melinda Zimmerman, Cecile DelRosario, Doug Clemons, and Marie Dillard
Second row: Dr. Thomas Rieg, Department Head, CID, Brittney Hart, Melina Queen, Jennifer Jones, Rolanda Morgan, Rebecca Spooner, Christine Ehlers, Holly Laperriere, and Michelle Tisdale
Third row: LT Gabriel Gizaw, June Brockman, Krizia DelRosario, Jeanina Cook (deceased), LT Sequia Holland, Brad Bennett, and LT James Yi.
Not pictured: Dr. Charles Morgan, Paula Mitchell, Decima Washington, Stephanie Gomez, SGT Stephen Cameron, Elizabeth Dayag, LT Andrew Hardison, Jacquelyne Helmen, and Shannon Tucker.

The achievements of an organization are the results of the combined effort of each individual. - Vincent Lombardi



Navy Academic Research Competition

Continued from page 2

"All of the competitors this year were all great and very polished," said Rieg. "I found all the research very interesting and the candidates did a good job on their projects. The judges took longer than scheduled to deliberate because all of the research was so well done."

Capt. Ben Balough, deputy director for Clinical Research and Development Center, was invited to observe and show his support for the program.

"The competition has doubled in participants in the last three years," said Balough. "This growth in research has helped to promote the Surgeon General's two main priorities, which are education and research. This competition and the work everyone put in has benefitted the Surgeon General's strategic goals and mission."

This year's competition was unique for a number of reasons. There was larger participation and more diversity in the competitors, the nurse corps and the medical corps were both well represented and there were small military treatment facilities that participated along with large medical centers. It was also relevant to today's warfighters - many of the presentations were directly related to the Navy's operations and the needs of the fleet.

*"No act of kindness,
however small, is ever
wasted."
-Aesop*

CID Point of Contact List for Departmental In-service Training and General Information

Dr. Thomas S. Rieg, PhD Thomas.rieg@med.navy.mil	Department Head, CID
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Ms. June Brockman June.brockman@med.navy.mil	Head, Research Resources and Medical Editor
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Ms. Elizabeth Dayag Elizabeth.dayag@med.navy.mil	IRB-II Administrator
Ms. Melinda Zimmerman Melinda.zimmerman@med.navy.mil	Deputy Publication Officer

*"What a wonderful life
I've had! I only wish I'd
realized it sooner."
-Colette*

For administrative matters, or to phone any person above, please contact our Administrative Assistant: Rolanda Morgan at (757) 953-5939.



Research Advances...

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"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."
-Albert Schweitzer

Your comments and suggestions are welcome!

We want this newsletter to be a resource for you and your staff. Please help us also make it something you want to read ! Your comments and suggestion will be appreciated. Let us hear from you!

Upcoming features in future Newsletters include:

1. Grant Funding: Principle Investigator, Project Title and amount funded.
2. Departmental Highlights: What are the various departments in CID accomplishing
3. Staff Highlights: Get to know our staff. Staff highlight will include picture, a short biography and their role in CID
4. Command Research Coordinator: Listing of who they are and there area of expertise
5. Virtual tour for you to visit us! We are located on Edwin May Rd. Bldg 274 if you want to come on over! Please know that we will always come to your space to conduct business with you.



Our website:

[https://
intranet.mar.med.navy.mil/CIRD/](https://intranet.mar.med.navy.mil/CIRD/)